

UPDATE ON MICHIANA'S RAINBOW GAZZETTE

Here are the important points thus far:

1. A Mission Statement was developed and adopted at the last Pride Coalition meeting and reads: Michiana's Rainbow Gazette exist as a media source to disseminate news and educational information related to the gay, lesbian, bisexual, transgendered and straight community in a diverse and unbiased manner to help promote the overall welfare of the GLBTS community in Michiana and all surrounding areas.

2. There will be an editorial committee of five with one person from each current newsletter (MRG, Open Arms and PFLAG) and two at large individuals to represent different organizations to be selected by the Pride Coalition. This committee will be responsible for the final draft of the newsletter and reserves editorial rights. There will be a basic outline allowing space for National, State and local news, organization news, book reviews, health articles, etc.

3. All area groups or organizations should have a representative responsible for collecting articles, ads, community events, etc. for submission to the editorial committee.

4. All members of the community will be allowed to submit articles of interest and give input to the newsletter by using Open Arms current P.O. box or E-mailing Openarms@planetout.com

5. The Editorial Committee will meet monthly

to establish a final draft for press and discuss other business of the newsletter.

6. There will be quarterly meetings held in a public setting for all persons interested to discuss issues of the newsletter and provide input. The first meeting was held on 11-29-00. The next meeting will be the 1st Wed. in March at Southside Christian Church.

7. At this time plans are for 16 pages but could change if necessary for economic reasons or lack of input.

8. There will be 10 issues a year (no newsletter in June or July, and not in December).

9. The deadline for submission will be the 10th of each month. If a community event is planned after this, planners will be encouraged to email event to gaymichiana@mail.com to be posted on the web site www/gaymichiana.org

10. As for Open Arm's part, we are taking this one month at a time and allowing a minimum of three (3) months, maximum of six (6) months, to ascertain costs and get feedback from you our readers.

11. We will be printing 700 to 800 copies of 16 pages printed of the new MRG for disbursement as opposed to the 150 8 pages we usually copy of OA. There will be some cost adjustments eventually.

12. We are planning to have the first issue out in January.

13. Note: Gazzette is misspelled on purpose. Stay tuned for the reason.

COMING TO MOUNTAIN MOVING COFFEEHOUSE

1650 W. Foster, Ebenezer Lutheran Church
Chicago Area, (312) 409-0276

Saturday, Jan. 27, 2001—Two presentations by **Marie Kuda** 7:30 p.m. "Valerie Taylor and Pearl Hart: A Chicago Love Story" and 8:30 p.m. "Chicago, Black Folks & Me: Cultural Differences or Racism?"

Saturday, Feb. 17—**Women of Color Night** C.C. Carter and friends perform Say Jesus and Come To Me, Revival of the novel written by C.C. Carter.

Saturday, Mar. 24—**Ubaka Hill** returns for a weekend of drumming workshops and a major concert on Sat. night featuring the DrumSong Orchestra. For more info or to sign up for workshops, contact ToniAJr@aol.com or 773-769-9009



UP COMING EVENTS IN INDY

Karen Williams, celebrates Black History Month Sat, Feb. 24, 2001 at 8 p.m. at the Madame Walker Theatre, 617 Indiana Ave., Indianapolis, IN. Tickets are \$22 in advance, \$24 at the door. Dance immediately following the show (entrance by ticket) Tickets available at Out Word Bound Bookstore, 625 N East St, Indpls. For more information contact Luna Sea Productions (317) 951-9100

The Phoenix Theatre is presenting the Women's Circle Series. Of note is The Vagina Monologues by Eve Ensler, starring Lisa Koch (this is one funny lady) Feb. 22 - March 18, 2001. For a complete schedule, call 317/635-PLAY, email Phoenixit@oaktree.net, or log on www.phoenixtheatre.org

COMMUNITY EVENTS

LESBIAN SUPPORT GROUP meets 1st Thursday and 3rd Friday at 7 PM at the Southside Christian Church.

MICHIANA PRIDE COALITION meets on the 3rd Wednesday of the month from 6-7 p.m., Central Methodist Church

GAY BOWLING LEAGUE every Friday AT 7:30 PM, Chippewa Lanes, 225 W. Chippewa, S. Bend.

BARNES & NOBLE'S GAY & LESBIAN READING GROUP meets on the 4th Wednesday, 8:30 P.M. For info call 219-277-9482

MICHIANA'S GAY YOUTH GROUP... for GLBT youth under 20 years of age, continues to offer to the youth community a positive and educational perspective on health issues, relationships with their families, coming out issues and history of the community. The support group will continue with the same (IYG) guidelines that have been used over the past eight years in a peer group setting. For more information call 219-235-9396 All calls are confidential.

THE TREVOR HOTLINE National toll-free suicide hotline for gay and questioning youth. It's open 24 hours a day, seven days a week, 365 days a year. Teens can call 1-800-850-8078, where they can talk to trained counselors. Visit www.trevorproject.com

THE LGBT SWITCHBOARD is a non-profit organization that provides assistance and/or referral to the LGBT community in Bloomington, IN as well as surrounding areas. The phone line is answered daily between 6 PM-12AM by professionally trained volunteers who direct callers to various professionals &/or agencies for assistance. 812-336-7660 or 1-888-882-5428(LGBT)

THE SWITCHBOARD... takes calls every night from 7-11PM 317-251-7955 Callers can discuss issues such as coming out, transgender, marriage and other topics. All calls are confidential. Also on the at www.gayindy.org/switchboard/

GAY & LESBIAN HELPLINE/PEER LISTENING LINE The peer listening line is a nationwide toll free number staffed by GLBT youth who provide information, referrals, and support to callers Monday thru Friday 4PM-10PM EST 1-888-340-GLBT(4528). The gay & lesbian help line does the same work Monday - Friday 6PM-11PM, Sat. & Sun. 5PM-10PM EST 1-800-399-PEER (7337)

NATIONAL ORGANIZATION FOR WOMEN (NOW) Meetings are open to the public and will be the 4th Wed. from 7 - 9PM of each month, Lower Level...St. Joseph County Public Library, 304 S. Main, S. Bend, more info: Penny 291-2342, Rhoda 288-7123

KALAMAZOO GAY/LESBIAN RESOURCE CENTER, C.A.R.E.S Building, Lower Level
629 Pioneer Street, Kalamazoo, Mich. 49001 voice mail: (616) 349-4234

LESBIAN GROWTH & SUPPORT GROUP Fort Wayne Woman's Bureau at 3521 Lake Ave. Suite 1, Info....219-424-7977
Also in Fort Wayne...G/L/Bi/T Help line 219-744-1199 available Mon.-Thurs., 7-10 PM, Fri.-Sat, 7-Midnight, Sun, 8-9 PM
FORT WAYNE IYG..... a support group for GLBT youth under 21 years of age Information: 219-422-7597

BLOOMINGTON OUTREACH, informal support group for lesbian & bisexual women 812-855-3849

NORTH/CENTRAL ALLIANCE Located in the Kokomo, Tipton, Logansport, Marion and Frankfort area of North/Central Indiana....North/Central Alliance, P.O. Box 186, Kokomo, IN. 46903.. Voice Mail 317-454-8868

PFLAG (Parents & Friends of Lesbians and Gays) Meetings are from 2 to 4 PM the 4th Sunday of the month at Christ the King Lutheran Church, 17195 Cleveland Road, South Bend. Info.....Nancy 219-277-2684, or write P.O. Box 4195, S. Bend, 46634
PFLAG in the St. Joseph/Berrien County area, group meetings take place the 3rd Wed. of each month. Info...call 616-429-2957

GAY GAMES IN CHICAGO?

Bids will not be submitted until January 31st, but Chicago is one of only four cities (the others are Montreal, Atlanta and Los Angeles) that are potential sites for the Gay Games in 2006. Volunteers are needed to assist with various tasks prior to the bid deadline. Visit the website at www.chicago2006.org and fill out an "Opportunities Form" or call 773-447-2006 to volunteer.



OPEN ARMS MISSION STATEMENT

Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community. *Open Arms* is mailed monthly in a security envelope with a PO Box return address only. Our mailing list is kept confidential and never shared with other publications or special interest groups.

Please send submissions to:
Open Arms, P.O. Box 845, Mishawaka, IN. 46546

e-mail address: OpenArms@planetout.com

The Amazon Trail by Lee Lynch

THE DYKE WHO KEPT CHRISTMAS

It always surprises me to learn how many many lesbians celebrate Christmas. Whatever winter holiday we observe -- or don't observe -- Christmas and its rituals always peek through. The other day Lover's mom was remembering aloud her childhood visits to downtown Chicago to see the Christmas decorations. My parents took me into Manhattan to see Lord and Taylor's window display and Rockefeller Center. This is a vivid memory. Whether its roots mean anything to me or not, Christmas flows in my veins and surrounds me. I guess since Mr. and Mrs. Claus and their retinue are part of my cultural heritage, it's a matter of if you can't fight 'em, join 'em.

So I do. It's too hard to hide from the season and too exhausting to be angry, like Alison Bechdel's Mo, at everything about it. Even Public Radio joins the national glut of Christmas music. If I had any desire to donate coins to The Homophobic Salvation Army, that desire would die with the first clang of the Army's irritating and inescapable bells. If I watched television I would ask Santa to bring me a rock under the tree to throw at the greedy advertisements. If I see a creche decorating a town's common space I feel personality assaulted by such flagrant violation of the principle of separation of church and state.

Yet come Christmas Day I am very grateful not to be a lone-some rebel. I chuck my principles to the wind, kiss my girl and say "Merry holiday." I call my far-flung family. I give the gifts I've been buying since last January. I open presents.

The central social event of Christmas Day has become for me an annual visit to the home of our Innkeeper friends. For many years they've invited the community at large to bring potluck goodies and gather around a metaphorical groaning board. Their living room is literally stuffed with dykes. It's the kind of scene I used to write into stories, dreaming. I didn't know it could really happen. Have lesbians always done this? In earlier years I traveled through blizzards and traffic, leaving my partner behind, to celebrate with my birth family. It never occurred to me then that I had a choice not to; everyone I knew did the same. Whenever I could, I'd leave the relatives on Christmas day and drive three hours to spend the evening at home by my own tree. Even when I stopped commuting north for the holiday, my then partner and I went to her family's home both Christmas Eve and Christmas Day. It was exhausting, but where else could a dyke go?

It wasn't until I moved to the west coast that December 25 began to take a shape that reflected my life, or the life I wanted. I found other lesbians and gay men out here who wanted to be part of the festivities, but with our own people. There were always queers, usually a long-standing couple, who turned their homes into shelters from the Christian blizzard. Those of us driven to make merry by nostalgia, loneliness or even a desire to observe a holy day could do it together.

I'll soon pull out my carefully neutral winter holiday cards and make funky little catnip mice for the cat people I know. I'll wrap up the gifts and mail them in my stead to my relatives back east. Lover will prepare her famous cranberry relish. The lesbian family we've become part of will jingle the phone lines to decide who'll bring what to the Innkeepers' gathering.

It's just astonishing to me how far I've traveled from isolation to community. Is having a gay home for the holidays a byprod-

uct of our noisy anti-establishment gay liberation movement?

Does the radical Christian right suspect that their day of days is now ours too? Do the legislators understand that these gay families who come together for the holiday are yet another kind of lawless civil union?

Whatever. I'm just glad that this season, yet again, there's room at the Inn for me.

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"Shake it Fast"

Xmas Party 2000

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To come

Notre Dame Women's Home Basketball Schedule

12-18 Western Michigan 7:00 p.m.

12-31 Rice 1:00 p.m.

1-6-01 Rutgers 12:00 p.m.

1-13 Virginia Tech 2:00 p.m.

1-15 Connecticut (ESPN) 2:00 p.m.

1-31 Providence 7:00 p.m.

2-7 Pittsburgh 7:00 p.m.

2-20 Miami 7:00 p.m.

2-24 Georgetown 1:00 p.m.

3-29 and 3-31 FINAL 4 in St. Louis, MO

*Note: All games are broadcast on 1620 am.



COURT OF FRIENDS

Okay, all you singles! Looking for that special someone?

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Send your ad to: The Court of Friends, P.O. Box 845, Mishawaka, In. 46546 You will be assigned an ID number.

Your letter and ID number will be published in the next issue. To respond to a published single, enclose your reply in a **stamped, sealed envelope with the ID number written lightly in PENCIL on the front of the envelope.**

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By Susan Myers, R.N., LCSW, CHTP

TO YOUR HEALTH



Sunlight and artificial light have been used for over a century to restore physical and psychological health. More recently, medical science has come to recognize the important role light plays in regulating the body's biological clock, which controls sleep, hormone production, and other functions. Light therapy is now used throughout the Western world to improve vitality and treat skin conditions such as psoriasis. It is especially associated with seasonal affective disorder (SAD) a severe manifestation of the "winter blues" thought to be caused by light deprivation in winter. Since the 1970's, light therapy has been therapeutically acceptable in the treatment of SAD.

Today, alternative medicine proponents claim that light from various sources can be used to treat a host of other disorders, from bulimia and skin disorders to various types of cancer. Alternative types of light therapy include: Ultraviolet Light Therapy - various wavelengths of ultraviolet (UV) light are used to treat specific disorders. For example, UVA-1 is used for systemic lupus erythematosus, and psoralen UVA (commonly called PUVA) is used for pigmentation disorders such as vitiligo and psoriasis. UV light is also used for PMS, high cholesterol and cancer. Colored-light therapy - Practitioners of colored-light therapy believe that different colors of light affect specific diseases, perhaps by altering the production of brain chemicals. For example, opaque white or violet light is believed to induce relaxation, thus helping to relieve pain and induce sleep. Mono-chromatic red light is used to treat headaches, allergies, sore throats, sinus problems, endocrine and GI problems, diabetes, dysmenorrhea,

Photodynamic therapy - in this therapy for basal and squamous cell skin cancer, an injectable dye that absorbs light is injected directly into the malignant tumor, where it absorbs different wavelengths of external light. The combination of the light and the dye is thought to produce a

chemical reaction that causes the cancer cells to die. Syntonopticometry - In this form of light therapy, colored lights are directed at the patient's eyes in an attempt to influence brain function. The patient sits in a darkened room, where a device called a Lumatron emits rapid flashes of colored lights. The light signals travel from the eye to the brain, where they are believed to normalize autonomic nervous system function. This therapy is currently used to treat headaches and traumatic brain injuries. Cold laser therapy - also called soft or low-level laser therapy, cold laser therapy uses a laser beam to induce enzymatic and bioelectric reactions in tissue. This is believed to stimulate a healing process that begins at the cellular level. Cold laser therapy has been used in pain management, skin problems, trauma and dentistry.

Other Therapeutic Uses: Proponents of alternative light therapies claim that they've benefited patients with Alzheimer's disease, arthritis, hypertension, bulimia, depression, digestive disorders, headaches, hyperactivity in children, immune disorders, symptoms of AIDS, insomnia, menstrual disorders, chronic pain, respiratory problems, sexual dysfunction, psoriasis and other skin problems and breast, colon and rectal cancers.

Equipment: The type of alternative light therapy used will determine the equipment required. For UV light therapy, the individual must go to a facility that's equipped with a UV light therapy machine. This machine applies different wavelengths of ultraviolet light (UV-A, UV-B, UV-C) to treat the disorder. Colored light therapy can be administered at home with a portable machine that applies different colored lights, patterns and strobe effects to different parts of the body. Syntonopticometry requires the use of a machine that emits the light. Photodynamic therapy requires specific color dyes. You can also use a light box and visor at home for at least 20 minutes a day. Fluorescent full-spectrum light is the same as natural daylight, but without the toxic UV wavelengths. These lamps can be made and/or purchased to treat SAD at home.

EVIDENCE AND RESEARCH: Several studies led by Dr. Norman Rosenthal are accepted as evidence that SAD exists and can be treated by light therapy. The studies are supported by a growing body of research. UV light is known to have antiviral, antibacterial and antifungal properties and has proven effective in treating skin disorders.

Patricia Planette, author of the two Cynthia Chenery Suspense novels, "Dirty Money" and "Getting Away With Murder," died in her sleep of lung cancer on October 26, 2000. She was a regular contributor the Lesbian Review of Books and other periodicals. Born December 28, 1937, she also worked as an alcohol therapist in California where she helped to pioneer the Adult Children of Alcoholics treatment program.

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Are There Any Journalism Students Out There?

February 1, 2001 is the deadline to apply for one of the four NGLTG (National Gay and Lesbian Task Force) Messenger-Anderson scholarships. Each scholarship provides \$5,000 the first year, renewable for \$2,500 the next two years, to high-school senior or undergraduate college students who plan to pursue a bachelor's degree related to journalism at an accredited four-year college or university. Winners will also participate in a paid Intern Program at NGLTF offices in Washington, D.C. or New York City during the summer. To download scholarship guidelines and an application, go to www.ngltf.org/about/messenger.htm



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TV News

Have you noticed television is saturated by gay themes, gay characters and gay plot lines. According to Entertainment Weekly, TV today seems to be championing gay rights much the same way they fostered civil rights in the 1960's and 1970's. Betty DeGeneres, mother of Ellen DeGeneres says "TV's gay agenda is to show gay people fairly in a way to dispel gay prejudices. She also adds that "an all gay channel is on the way." There are at least 13 gay characters appearing in ongoing roles on TV series and more in the planning stages. Fox is developing Normal, Ohio, CBS is working on two new gay themed sitcoms, Kiss Me, Guido and Say Uncle. HBO and Showtime both have shows coming out. It is important that we let these producers and advertisers hear from us if we like them and vice versa if they feel they are doing more harm than good.

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We would be happy to add your service and telephone # to this column for free; just send the information to

*P.O. Box 845,
Mishawaka, IN. 46546*

SNAPDRAGON ALLEY

Kim or Barb 219-259-0906



Have you ever looked at quilts, afghans or other crafts and wished you could find one with a triangle or a rainbow or some other symbol?

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Kim and I are independent distributors of a wonderful line of all natural, herbal weight loss products, vitamins, dietary supplements, concentration aids, ect. We approached this venture with much skepticism; but much to our surprise and delight, we quickly overcame that. In the short time that we have utilized the products ourselves—we feel much more energetic and have each lost 30+ pounds. We are firm believers in the quality and efficiency of this line of products and would like to help you become a believer too! So, if you need to lose a few pounds but hate to diet, want to feel more energetic, or want to increase your ability to focus and concentrate —**CALL US —WE CAN HELP!**

INDIANA LEGISLATOR RESIGNS

(In case the significance isn't clear: Indiana House Republican Minority Leader Paul Mannweiler has announced his resignation from that leadership position. Based on the failure of Republicanism to advance in the House, his moderate leadership is undermined in a House Republican conference more conservative than he.

Mr. Mannweiler's leadership was not unhelpful to the passage of the hate crimes bill in the 2000 legislative session. He imposed no party-line Republican stance in opposition, enabling moderate Republicans to vote their conscience in favor of the inclusive bill. The support of moderate Republicans was helpful in providing political cover for conservative democrats who otherwise might have found the inclusion of sexual orientation problematic. Further, Mr. Mannweiler personally voted in favor of the bill. The GLBT community might identify with Governor O'Bannon's description of Mannweiler's resignation as a loss.

The names of two individuals floated thus far as replacements are Brian Bosma of Indianapolis and Brent Steele hailing from Bedford. Mr. Steele has led the charge to place the monument to the 10 commandments on the Statehouse lawn. (Brent Steele was the sole legislator who found it in his heart and interest to shout at me personally and publicly for approaching him with regard to the bill!)

The resignation of Mannweiler and the discussion of two Republicans more conservative than he signals the fight for party control between moderates and conservatives that seems likely to endure for some time. Depending on who does replace Mannweiler, Round One may be going to the conservative.)

From Chris Douglas, Justice, Inc. Indianapolis

Justice, Inc.

Justice, Inc., PO Box 2387, Indianapolis, IN 46206
Justice, Inc. is Indiana's Statewide Civil Rights
Organization On Gay, Lesbian and HIV issues

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Karen Arnold

Judy Windhauser

Continued from Wellness Corner on page 4

Claims that it helps ailments such as heart disease, cancer, osteoporosis and menstrual problems are not yet backed by research. Consult a reputable practitioner if you are considering using light therapy for any specific ailments and, as usual, become knowledgeable about what ails you and what options are available to you.

PRECAUTIONS:

Avoid overexposure to UV light since it can cause skin cancer. Do not take vitamin D supplements during a course of light therapy - high doses can be toxic. Consult an eye specialist before a course of light therapy if you have an eye disorder. Woodham and Peters, "Encyclopedia of Healing Therapies, Nurses Handbook of Alternative and Complementary Therapies, Springhouse Publications.

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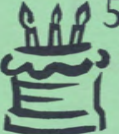
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DECEMBER 2000

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 31		 	President WHO?????			